



Profiles in Wellness



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When I was in my 20's, years before cholesterol became a buzz, I learned that I had very high cholesterol (380/400). I made dietary changes only to discover that the wisdom of the day was not correct and actually worsened my condition. Years passed, I was overweight and always had very high cholesterol and very low HDL cholesterol.

Four years ago, in my mid 50's I made a drastic change in my diet and tried to reduce my cholesterol. I changed to a mostly vegetarian diet, eating fish, vegetables, fruits, grains and added flaxseed to my diet. I buy few processed foods and frequent the Farmer's market during the summer months.

The results were quite surprising. I started to loose weight (20 pounds) and my cholesterol numbers (216) improved dramatically, especially my HDL cholesterol which is now in the 70-84 range. This improved my cholesterol ratio and has reduced my risk of heart disease.

I try to exercise. This is not a favorite activity and I appreciate encouragement from my daughters and my dog. They make me walk. My father died at 60 from a massive coronary. Hopefully these changes will improve my health, preventing me from sharing his fate.